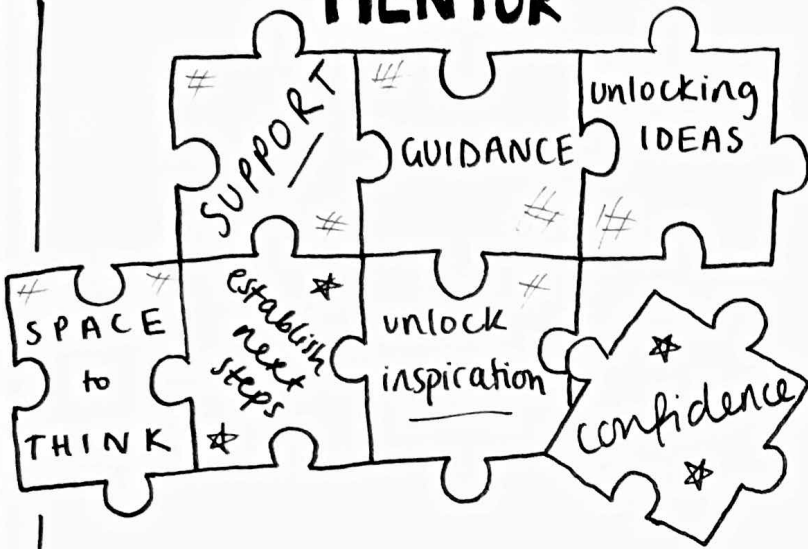


PEER MENTORING!

Peer mentoring is a 1:1 mentoring relationship between 2 people who are at the same or similar stages in their life.

Benefits of having a MENTOR



?? HOW??

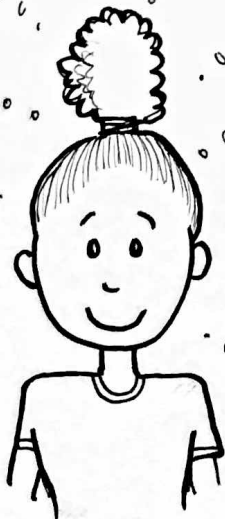
approaching a peer or friend to be a mentor can be daunting. REMEMBER:

- ➔ Being a mentor is different to being a friend. You need someone you can experience both sides with.
- ➔ Someone who you trust as you may open up to them.
- ➔ It's a chance to truly listen to each other to help think about your future.

IN BETWEEN SESSIONS

Research!
Ted talks, articles, prospectuses

Talk to people with similar interests!



Who are the current experts on this subject?

Setting Expectations!



- ★ we recommend committing to 3 sessions of 45 minutes each.
- ★ conversations are confidential.
- ★ find somewhere quiet with minimal distractions.
- ★ identify your goals and what you want to focus on.

★ WANT A PROFESSIONAL CREATIVE MENTOR? VISIT US AT www.arts-emergency.org

	GOAL 1	GOAL 2	GOAL 3
what are my goals?			
how will I achieve my goals?			
how will I know if I have achieved my goals?			
when will I have achieved my goals?			

GOAL SETTING

ACTIVE LISTENING

Be active in your listening.

- 1) what is being said?
- 2) Is there anything that links to what has been said before?

EXERCISE:

Person 1: talks for 5 mins about a childhood memory.

Person 2: makes note of 3 things: facts that are said, emotions, they notice and body language.

What have you learnt?

- keep a written/audio record of your meetings.
- record how you feel before and after each session.
- make a note of your feelings towards your goal before you start mentoring. How have they changed?

GROW!

A method for coaching conversations!

